

PROD. NO. 7580



NATURE'S BOUNTY

Nutritional Support for your

Skin, Hair & Nails

DIETARY SUPPLEMENT

60 TABLETS



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Supplement Facts

Serving Size 3 tablets
Servings Per Container 20

Amount Per Serving %Daily Value

Vitamin A (as Retinyl Palmitate)	5,000 I.U.	100%
Vitamin C (as Ascorbic Acid and Rose Hips)	60 mg	100%
Vitamin D (as Cholecalciferol)	100 I.U.	25%
Vitamin E (as d-Alpha Tocopheryl Acetate)	15 I.U.	50%
Thiamin (Vitamin B-1) (as Thiamine Hydrochloride)	5 mg	333%
Riboflavin (Vitamin B-2)	5 mg	294%
Niacin (as Niacinamide)	25 mg	125%
Vitamin B-6 (as Pyridoxine Hydrochloride)	5 mg	250%
Folic Acid	200 mcg	50%
Vitamin B-12 (as Cyanocobalamin)	8 mcg	133%
Biotin (as d-Biotin)	200 mcg	67%
Pantothenic Acid (as d-Calcium Pantothenate)	15 mg	150%

Calcium (as Dicalcium Phosphate and Calcium Carbonate)	834 mg	83%
Iron (as Ferrous Gluconate)	3 mg	17%
Phosphorus (as Dicalcium Phosphate)	331 mg	33%
Iodine (as Potassium Iodide)	112.5 mcg	75%
Magnesium (as Magnesium Oxide)	100 mg	25%
Zinc (as Zinc Gluconate)	7.5 mg	50%
Selenium (as L-Selenomethionine)	12.5 mcg	18%
Manganese (as Manganese Gluconate)	5 mg	250%
PABA (Para-Aminobenzoic Acid)	25 mg	*
Choline Bitartrate	75 mg	*
Inositol	30 mg	*
RNA	30 mg	*
Citrus Bioflavonoids	25 mg	*
Rutin	12.5 mg	*
Betaine Hydrochloride	25 mg	*
Rose Hips	60 mg	*

*Daily value not established.

Nature's Bounty Skin, Hair and Nails formula tablets provide a combination of nutrients consistently found in healthy skin, hair and nails.

Other Ingredients: Cellulose (Plant Origin), Vegetable Stearic Acid, Cellulose Coating, Guar Gum, Silica, Mannitol.

DIRECTIONS: For adults, take three (3) tablets daily, preferably with a meal or as desired.

Pregnant or lactating women should consult a doctor before using any product.

WARNING: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. **KEEP THIS PRODUCT OUT OF REACH OF CHILDREN.** In case of accidental overdose, call a doctor or Poison Control Center immediately.

Store in a cool, dry place

TAMPER RESISTANT: DO NOT USE IF IMPRINTED SEAL UNDER CAP IS BROKEN

Nutrition Questions or Comments?
Call NutraPhone® 1-800-433-2990
Mon. - Fri. 9 AM - 7 PM ET

Visit us on the Web
www.NaturesBounty.com

Carefully Manufactured by

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